

UCCOOK

Spicy Squid Salad

with pickled cucumber & sweet chilli mayo

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Alex Levett

Wine Pairing: Groote Post Winery | Groote Post Pinch of Salt Chardonnay

| Nutritional Info | Per 100g | Per Portion |
|-------------------------|----------|-------------|
| Energy | 369kj | 1861kj |
| Energy | 88kcal | 445kcal |
| Protein | 5.4g | 27.3g |
| Carbs | 7g | 38g |
| of which sugars | 4.4g | 22.1g |
| Fibre | 1.2g | 6g |
| Fat | 4.1g | 20.5g |
| of which saturated | 0.4g | 2.1g |
| Sodium | 137mg | 689mg |

Allergens: Sulphites, Shellfish, Sesame, Allium

Spice Level: Hot

Eat Within 1 Day



Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 45ml | 60ml | Rice Wine Vinegar |
| 300g | 400g | Cucumber <i>rinse & cut into thin matchsticks</i> |
| 30g | 40g | Fresh Ginger <i>peel & grate</i> |
| 150ml | 200ml | Sweet Chilli Mayo <i>(90ml [120ml] Mayo & 60ml [80ml] Thai Sweet Chilli Sauce)</i> |
| 45ml | 60ml | Spicy Lime Dressing <i>(30ml [40ml] Sriracha Sauce & 15ml [20ml] Lime Juice)</i> |
| 15ml | 20ml | Black Sesame Seeds |
| 450g | 600g | Squid Heads & Tubes <i>quills removed (see Chef's Tip)</i> |
| 120g | 160g | Salad Leaves <i>rinse</i> |
| 360g | 480g | Carrot <i>rinse, trim, peel & cut into thin matchsticks</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

- 1. PICKLE TIME** Place the rice wine vinegar, 3 [4] tbsp of water, and 1[2] tbsp of sweetener in a bowl. Toss through the cucumber and set aside to pickle.
- 2. LET'S PREP** In a bowl, combine the ginger, the spicy lime dressing and seasoning. Set aside. Loosen the mayo with water in 5ml increments until drizzling consistency.
- 3. TOASTY SEEDS** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 4. CHAR-GRILLED SQUID** Rinse the squid to remove any residue from the packet and pat dry with paper towel. Place a pan or grill pan over high heat with a drizzle of oil. When hot, sear the squid until lightly charred, 1-2 minutes per side. Remove from the pan and season. You may need to do this in batches.
- 5. TOSS TOGETHER** In a salad bowl, toss together the salad leaves and the carrot. Drain the pickling liquid from the cucumber.
- 6. A SALAD OF DREAMS** Top the salad with the pickled cucumbers and the charred squid. Drizzle over the ginger dressing (to taste) and some sweet mayo, and garnish with the toasted sesame seeds.

Chef's Tip The quill is found in the squid tubes and looks like a long piece of plastic. To remove it, simply grab it and pull it out slowly.